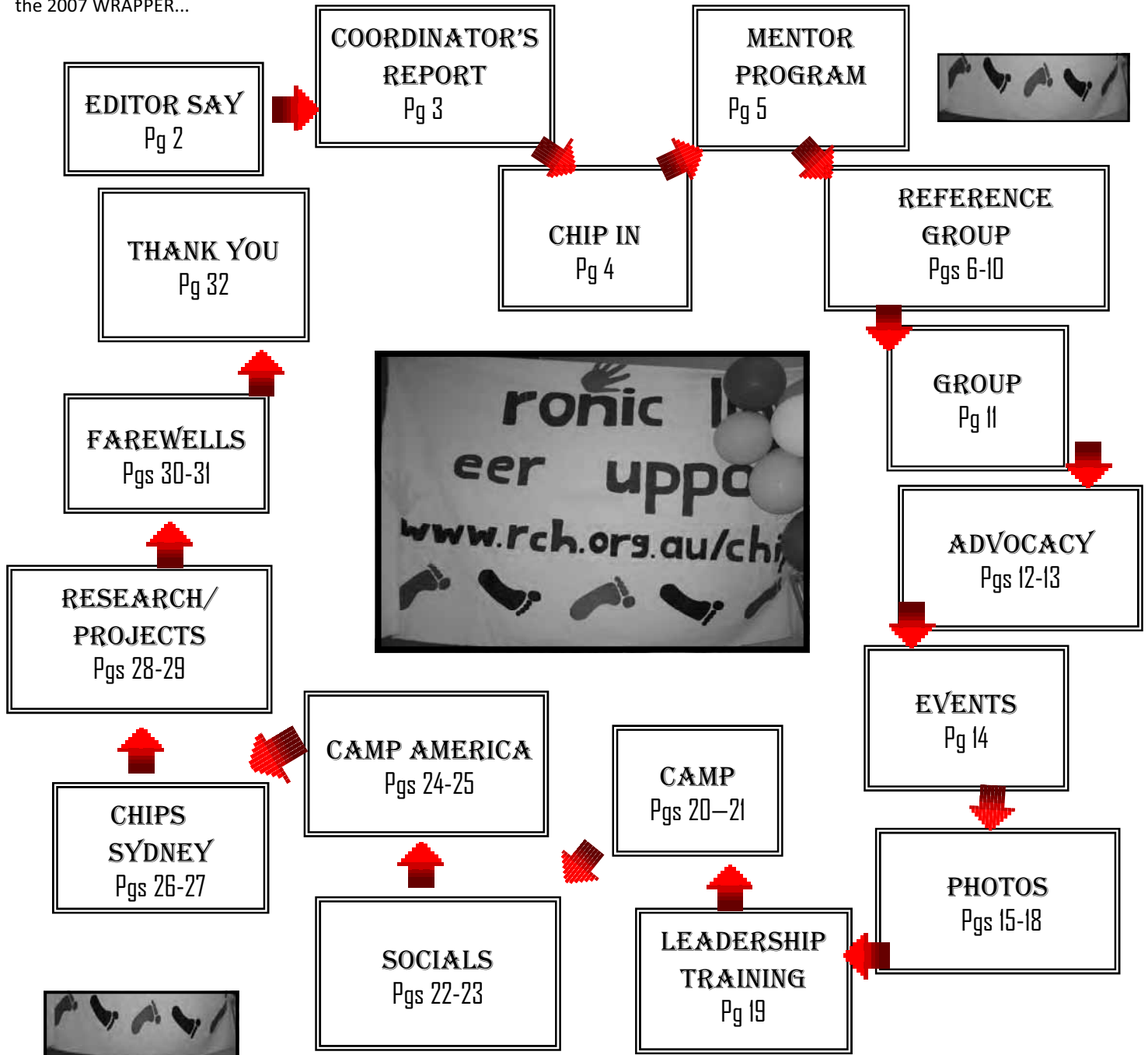


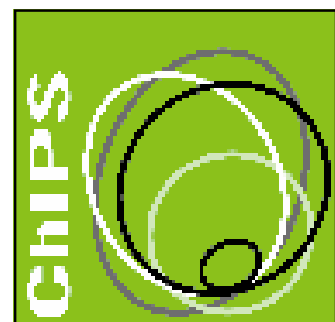
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Take a walk through
the 2007 WRAPPER...



The Wrapper is an annual publication of the ChIPS program. ChIPS is a peer support program run from the Centre for Adolescent Health, Royal Children's Hospital, Melbourne, Australia. The views expressed in this magazine are not necessarily those of the ChIPS program or the Centre of Adolescent Health and are solely those of the individual writers.



EDITORS SAY

What a year for the ChIPS newsletter and magazine sub-committee. This is the first year that newsletter and magazine have been merged into the one sub committee. This has posed the challenge of lack of time and juggling of our own health challenges. It was easy for me to overlook many of my own challenges and wonder why I'm struggling to contribute as much as I would like.

We managed to get the newsletters out on time though sometimes it was a struggle. The load was spread across the newsletter and magazine committee. The members of this committee are myself (Vassie Dandanis), Michaela Gunn, Simone Saw, Louise Pellegrino and Alex Wilson—Glab.

I would like to thank the many other members of ChIPS Reference group and wider community who have contributed and supported us in connecting members through regular mailing of newsletters and the annual magazine. Whether this be with mailout, contributing articles to newsletter and magazine or helping with the layout of pages for the magazine.

My own experience of being on the Reference Committee is that because of coming together for the meetings once a month there is more of an opportunity to share life with others who face similar challenges to my own and to later keep in touch and learn from others about what works or what does not work.

I encourage any ChIPPERS reading the Wrapper (this magazine) to think about going online and applying for reference group for 2008. If you are someone willing to have some fun, be committed and active then 'I dare you to' check out the ChIPS website at www.rch.org.au/chips for an application pack for 2008.

We wish good wishes of health and happiness for the new year.

Newsletter/ magazine committee 2007

Written by Vassie Dandanis Leader of the Publications Sub-Committee.



COORDINATOR'S REPORT



Wow – to sum up my year in ChIPS in just one page...that's tough. I'll give it my best shot.

My ChIPS experience began with running the 2006 Term 4 group. Towards the end of this group I had an interview for the ChIPS Coordinator position. Both these experiences have had profound effects on me and my view of young people with chronic illnesses. From the group I learnt that they can be loud, fun, confident and never shut-up (yes, that's you Felipe, James, Michaela, Sarah and Nick). From the interview I learnt they can be scary, tough, knowledgeable, and make really good decisions. Thanks for giving me the job guys! (You know who you are).

So I was in. I had been granted the opportunity and privilege of coordinating the ChIPS program. Before I could get my head around what this actually meant, I was thrown in the deep end – CAMP. And what an experience that was.

More learnings – young people with chronic illness can also be inspiring, courageous, caring, hilarious, sneaky (Heather – thanks for the ice), terrifying first thing in the morning (thanks Lou P) and make me cry (yeah Vassie, and Lauren that's you). I also found out that this coordinator role is a biggie – BIG expectations, BIG impact on lots of lives, BIG learning curve, BIG fun, BIG hugs, BIG shoes to fill. And I had barely sat in the office yet!

Then there was the reference committee – enthusiastic, passionate, exciting, committed. This amazing group of 21 CHIPPERS have certainly kept me on my toes. Their ideas often blow me away and their humour keeps me sane. It is really thanks to these young people that ChIPS has achieved so much this year.

From socials, events, reference, phone calls, publications, advocacy presentations, and 8-week groups, to meetings, emails, leadership training, minutes, fundraising, referrals, assessments, budgeting, and camp, this role involves so much. But it is the CHIPPERS through and through that make it all so worthwhile. And I thank you all for accepting me into the "family", making me feel welcome and giving me so many belly laughs along the way.

Here's to ChIPS 2008 and continuing to make a difference for young people with a chronic illness.

Kristen Kappel



CHIP IN

CHIP In AUXILIARY REPORT

Almost 7 years ago when my dream of setting up a fundraising body to support the troubled ChIPS program became reality I could never have begun to imagine the incredible level it would reach, not only in dollars but the immense joy it would provide through the Annual ChIPS Camps to the Chippers.

Without a small but dedicated team this could not have been possible, they work tirelessly each year to benefit chronically ill adolescents through the ChIPS Program.

This year has been exceptional – capped off with our **Annual Ball** which was held on 18th August – in a word – STUNNING. The Clocktower Centre in Moonee Ponds was once again our venue where 234 people danced the night away, enjoyed magnificent food from the wonderful Black Tie Catering Company and generally had fun with both Silent and Public Auctions and our unique ‘Bracelet’ Raffle. The piece de resistance, entertainment by the incredibly talented and hysterically funny ‘DivasInc’ and a stirring presentation from Charlotte Ballan who allowed the guests to enter some of her most private moments as she included diary entries to describe her constant struggle living life with a chronic illness.

We were extremely fortunate this year to have, as well as the unwavering support of our families and friends, the incredible support of a number of corporate sponsors and the Adolescent Health Board of which I am privileged to be a member. A very special inclusion at the Ball was a table of ChIPS Reference Members and a number of their parents – a relationship it is vital for CHIP In to nurture.

The total raised at the Ball – almost \$22 000 – the cost of the 3-day ChIPS Camp for one year.

Mother’s Day set the scene for our other major event for 2007, another ‘delicious affair’ from Black Tie Catering, a stunning setting (again at the Clocktower Centre) and a memorable performance from our entertainers, Julie Anthony and Simon Gallaher. While our numbers were small (50) those who attended had a beautiful day.

Whilst our large events are vital we also have a small dedicated band of volunteers who man RCH Foyer Stalls, worked at the Royal Melbourne Show and any other expos or City building foyers to sell **Auxiliaries Merchandise**, as well as local businesses who sell merchandise to their customers and donate the money to CHIP In – to these people (who are not part of our Committee) and businesses, my heartfelt thanks.

As always we have the ongoing sales of our CHIP In **6th Tier Wine** which is available (by order) from Dawson’s Cellars in Yarraville – special thanks to Bernie and Sandra for their ongoing support.

As you will be aware from reading this article it takes a huge amount of money to put the Camp on each year so PLEASE, PLEASE, encourage your families and friends to support at least one event each year – I promise they will have a STUNNING TIME.

CHIP In was borne out of passion and love by ex ChIPS recipients and devoted parents – if any parent out there would like further information or to join our small but very welcoming and friendly Committee please call the ChIPS Office and ask for a message to be passed on to me – we meet in the evening on a monthly basis.

FOR OUR WORK TO CONTINUE TO BENEFIT YOUR CHILD WE NEED YOUR SUPPORT.

Rainbows & smiles
Bree Regester



MENTOR PROGRAM

Mentoring Program

For many years people have been volunteering their time to help out in the ChIPS office and in various parts of the program. These generous people have come to ChIPS in many different ways – through being a past member themselves, being a family member of a CHIPPER, or just have an interest and passion for the program and young people.

This year we decided to formalise some parts of this volunteer component of ChIPS by allowing the opportunity for people to volunteer in a mentoring role with the various sub-committees of the Reference Committee. To be eligible to be a mentor, people needed to be:

- two years out of the program if an ex-CHIPPER;
- available to attend most of the monthly reference meetings;
- willing to be available by phone or email to provide and support and guidance to their sub-committee between meetings about their tasks;
- interested and passionate about ChIPS and CHIPPERS; and
- have some skills, knowledge and interest in the focus of their sub-committee.

Thanks goodness we found six such people to help kick off the mentoring program for 2007 – and to those people we say a **BIG THANKYOU!**

If you are interested in becoming a mentor for 2008, please complete the volunteer form on the ChIPS website.

Kristen Kappel

Thankyou!!!!

Sarah

The Advocacy committee would like to say a huge thank you to our mentor Sarah. Without her help and effort a lot of opportunities that Advocacy committee has had would not have happened. Her help and development of the Advocacy presentation form found on the ChIPS website, has enabled many talks this year to be given to primary schools and universities. This has allowed more awareness of the program and how it helps. It is also greatly appreciated the time and support she gave all of us on advocacy, and how she was willing to help whenever she could. So for that all of us on the Advocacy committee thank you. Louise DePino.



Dwight

I would like to say thankyou to Dwight for all his hard work and support getting the peer support program started this year we tried something new and it was a bit a long process and took forever getting started. But thanks to Dwight's ongoing support and encouragement we were able to keep focus on what had to be done and get it done.

Thank you from the peer support group we wouldn't be able to be where we are if it wasn't for you. Tamara M.



Claire

Claire Haslope was this year's social committee mentor/assistant. Claire was an enormous help to both organising the committee and planning events. Our committee was very fortunate to have such a kind and hard working assistant. Claire was an asset both to the committee and to me personally, as she constantly called me to see how I was. Unfortunately Claire had to leave us earlier this year due to the closing of the PATS program. Claire was very much appreciated, and will be very deeply missed.

On behalf of Ivano, James, Jordan and myself, thank you Claire for your hard work throughout the year. Heather.



Di

Thank you Di, for mentoring the ChIP In committee, it was great having you there, it made it easier for us to get information to and from the reference committee to the ChIP In committee. We greatly appreciate all the time you put into helping us and all the great things that we got to share at the meetings hearing how, with the help of the chippers and the committee and you there made this year the first of hopefully many that we, the reference committee will get to share with all you have to offer. Sincerely, thank you very much, Felipe.

Jess

2007 was the first year that reference committee has used the experience of mentors for the sub committees to help run things better and this year it was my great privilege to have Jess O'Dowd, an ex-chipper, as my mentor for the camp committee.

Camp has been a passion of Jess' for many years now and her advice, ideas and hours of hard work have been invaluable. No matter what Jess has had going on in her own life - study, working, illness, jess has been there for the camp committee to ensure that the 2008 camp is a massive success. Thank you so much Jess!!! Lauren.



REFERENCE Questions for Reference Committee Members

1. Who are you and when did you first join chips?
2. Do you have any nicknames?
3. Do you have any brothers or sisters?
4. Favourite Song and Movie?
5. Favourite Actor/Actress and why?
6. What is one item you can not bare to live with out?
7. Most embarrassing moment.
8. If you could take anyone to a ball who would it be and why?
9. Favourite memory about CHIPS.
10. Any last thoughts to leave with us?



Chantelle Baker

1. My name is Chantelle Baker and I first joined ChIPS in 2001.
2. Telle, Tel, Bakes, Bakey-bum, Plum, Poss.
3. I have one brother, his name is Trent.
4. Well you asked for favourite song and movie in the same question, so you leave me no choice but to say... Sound of Music!! It's a classic!
5. Hmm I'd have to say Caster Troy, I mean Nicholas Cage! Why? Because he's a believable actor and most of the movies I like he's in!
6. Probably my hot water bottle; it's been a best friend to me over the years.
7. Most recent was when I spilt more than half of a large hot chocolate drink on the seat of the bus!! It turned the seat a disgusting brown colour. I frantically tried to clean it up (feeling really bad) but I couldn't get the stain out, the seat had soaked it up. So I ended up moving seats, meanwhile everyone sitting near me was staring. A few minutes later a guy boarded the bus and came over and sat on 'the seat' obviously not realising the wet brown patch! That was my cue out of there... I headed for the door before he got up and noticed that his pants would have been stained... I still feel really bad about that.
8. First person to pop in my head... John So, he's so happy, he'd definitely make me smile.
9. I've got a lot of great memories of ChIPS. Overall it would be seeing members gain confidence as they move through the program. Seeing young people who face so many challenges being really strong and giving everything a go, and of course all of the bright friendly faces that make ChIPS such a great place to be.
10. A person who is truly passionate can make a difference. Always be true to yourself, smile lots and believe that miracles do transpire.



Ivano Cascone

1. My name is Ivano and I first joined CHIPS In April 2004
2. Dubri (abbreviation of Dubriccu), too long to explain why...
3. Yes I have a brother who is four years younger than me
4. Favourite Movie: Shawshank's Redemption
Favourite Song: Happy Hour by Ligabue (Italian Song)
5. Danzel Washington. because I think his a true example to everybody, always fighting for Justice in very powerful ways
6. My bed, always seem more comfy than the others
7. Can't remember... hehe... Just as well I guess...
8. who would it be... A nice brunette...
9. The last camp I attended, It was great because I have never seen such trustworthiness amongst people.
10. Wish everybody the best with their Health, It's something you can't buy...

Vassie Dandanis

1. Vassiliki (Vassie) Dandanis and completed 8 week group in term 3 year 2001
2. Vassie
3. 2 younger sisters one aged 17 1/2 and the other aged 13 1/2
4. Movie: Princess Diaries and the sequel princess Diaries Royal Engagement
Song: Don't have a real favorite but the time on RYLA when everyone was singing Man in the Mirror by Michael Jackson.
5. Anne Hathaway - Princess Diaries was her first film and I can also relate to the characters that she plays
6. My train ticket pouch
7. Too embarrassing to say!!!
8. Can't name anyone but I know that I would choose someone who is responsible, interesting and respectful.
9. Many memories and lessons but I would have to choose camp 2007 where I allowed myself to do many challenging activities not to mention the wall climb.
10. Look out I'm around

REFERENCE



Louise De Pino

1. Well I'm Louise De Pino, and I joined in 2004
2. Lou, Lulu, Louboop etc
3. Yup I got two younger brothers
4. I don't really have favorites, but for movies I love Garden State and Girl Interrupted, and I just love music, there are too many songs I love to mention
5. Ummm don't really have a favorite Actor/Actress, sorry!
6. Probably my phone, god how bad is that?
7. Ha hmm there are too many to name, being me embarrassing moments tend to happen frequently, so just hang around with me for a little bit and I'm sure I'll do something or say something to prove it :P
8. Hmm a ball huh? Well obviously someone I'll have a good time with, probably just one of my friends or something
9. Oh that's a toughie, there are way too many! umm hmm memories from camp are great, and I'd say particularly the camp from 2006



Louise Pellegrino

1. My name is Louise Pellegrino and I joined ChIPS in 2002
2. Lou, soula, lupy, bell, wedsy, goud...the list goes on
3. 2 older sisters
4. There is so many but I'll have to say Daryl Braithwaite-the horses and drop dead fred
5. Will Ferrell because he's the funniest man alive
6. Dog and music
7. I don't get embarrassed too easily but maybe when Daniel ran straight into to me on camp and I went over him and cut my leg up.
8. Ben Stiller... He would be Hilarious so it would be a fun night
9. All of the camps (maybe when I scared Kristen)



Tamara Higgins

1. Tamara Higgins 2001
2. Pud family have called me this since I was a baby
3. 2 brothers 1 sister and 2 half sisters
4. Dirty dancing. Any song from that movie
5. Don't have a favourite just anyone that can act
6. Clothes
7. No comment
8. I wouldn't be able to choose there is so many people I would love to take.
9. I love camps
10. Happy memories



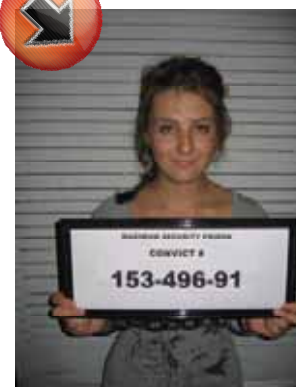
Kendall Jarkowicz

1. Hi my name is Kendall and I joined chips in 2003.
2. My nick names are Chook, Boof and frog.
3. I have 2 sisters and 1 brother.
4. Moulin Rogue and IL Divo.
5. Brad Pitt- Spunk
Julia Roberts - Just like her.
6. My mum.
7. falling out of my wheelchair in the local fish and chip shop.
8. George Clooney - No need to say why
9. All the camps I have been on - Giant Swing.

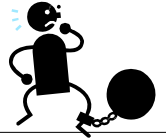


Charlotte Ballan

1. Charlotte Ballan in 2004
2. Char, Charlie, Charlotta nobodies aloud to call me the last one!
3. Yes 3 sisters
4. There are far too many songs I love for me to name just one, but my favorite movie is My Fair Lady!
5. I really don't know!
6. My stuffed parrot Sam!
7. I have had lots, can't name one!
8. Either Daniel Radcliff (Harry Potter) or Rupert (Ron Weasley) because they are my current loves of my life!
9. Being involved in CHIPS is the best thing in my life; all of it is brilliant memories.
10. Go the Bombers!



REFERENCE



Heather Trewin

1. Heather Trewin, I joined ChIPS in term one of 2003
2. H-it was given to me by the now absent Glen Bowyer
3. No I do not
4. I do not have an all time favourite song. If i had to choose at the moment definitely 'Orchard Road' by Leo Sayer. It is the only song that can make me cry. Favourite movie I do not have a specific but I would say the James Bond and Mighty Ducks movies
5. Piece Brosnan, you cannot go

past a great James Bond.

6. My music I would go mad without it
7. I cannot say, it is too embarrassing
8. Ashley Woodward he was my one of my professors at my first of uni he is cute and quirky and extremely intelligent—I find quirky and intelligence extremely sexy
9. Glen Bowyer dressing up as a clown and then jumping in the lake at 2005 ChIPS camp
10. Reference committee has been great this year so has Kristen and also Jess O'Dowd for finding us a corporate sponsor (thanks NetApp)

Jordan Hammond



1. Jordan Hammond and I joined chips in term three last year.
2. Jordo, Jords, Jord, Jordie, J, + many variations similar to that!
3. I have a younger brother
4. My favourite song right now is "Waiting on the World to Change" John Mayer and my fav movie is Inside Man.
5. I don't really have one, I like a lot of good actors, but there's not one that stands out.
6. Hmm, definitely my car!!! How would I get to chips without it?

7. I don't get embarrassed easily!! I tend to just laugh things off, and then laugh at them again later! Never take things too seriously!
8. Chad Michael Murray. Because he looks so hot in a tux!!
9. Probably just all of camp, it's like the most fun thing a chipper can do
10. Just enjoy life, and love what you have because one day you might not have it anymore!

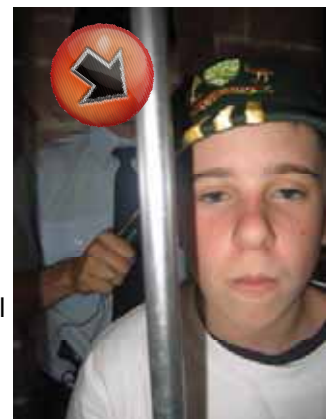
Tamara Myors

1. My name is Tamara Myors & I joined ChIPS in 1st term 2003
2. Tam, Tammy & also Mara
3. Yes, I have a sister, Brianna, who is 4 years younger
4. Any song you can dance & sing along to! lol! Mean Girls has always been 1 of my old favs & I can quote most of it!
5. Drew Barrymore
6. My laptop ???
7. Breaking a glass cup with my teeth when I was a flower-girl at a wedding! ?what?! I wanted the ice!?! lol!
8. Kristen Kappel because she didn't get to go to the ChIPS Ball!
9. Camps! & speaking at the Telstra Dome in front of 500 strangers!
10. My favourite quote: "if it's to be, it's up to me"

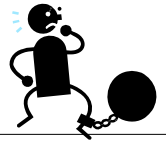


James Williams

1. I am James Williams And I Joined Chips Last years 8-Week Group
2. Yeah I have a couple of nicknames: Jimmy and Jamsy
3. I half 2 half brothers named John and Jake they both have my disability (Brittle Bones)
4. My favorite song would be Greenday's Basket Case (live) My Favorite Movie would have to be either The Castle or Apollo 13
5. Michael Caton He was the main character in The Castle I think his real aussie charm you just can't beat
6. Either the utilities to cook (I love cooking) or just my Computer
7. It has to be when telling a joke and realizing every one is listening to you... and the joke really isn't that funny
8. Hmm... its got to be lana lang from "Smallville"
9. The loving community feeling and the people inside of the group are fantastic.
10. Can we see everyone else's questions af- 8 ter?



REFERENCE



Abbie Kinniburgh

1. My name is Abbie Kinniburgh, I am 17 years old and I have a very rare medical condition that not many people have heard of called Pan-hypo-pit-uat-a-rism. I first joined ChIPS in 2004 when I was 14 years old. It is the best thing I have ever group of people and the best thing I have ever been a part of.

2. Abbip, AbbLe or Abbzo (a name that my friend at school insists on calling me even when I tell her there are 2 other nicknames she is welcome to call me, which I would rather)

3. I have one brother, he is 21 years old and he lives with me and my mum in Coburg

4. My favorite song at the moment (because it changes every month and is not always the latest, most popular no.1 hit) would have to be Grace Kelly and Love Today by MIKA, as well as Umbrella by Rihanna.

Favorite Movie: My favorite movie does not change quite as often as my favorite song, but changes about every 5-6 months. At the moment they are 28 Days starring Sandra Bullock, Kath and Kim and All Harry Potters.

5. My favorite Actress has been Sandra Bullock since I first watched a movie with her in it because she is a really believable actor and always plays a character with different personalities, not always the same type. My favorite Actor is Hugh Grant because he stars in lots of movies with Sandra Bullock, I always love the characters he plays and I love his cute British accent!!

6. hmmm, tuff one. I would have to say my mobile because it is the way I keep in contact with everyone. I don't talk on it that much but I text ALL the time. And I feel lost and unsafe when it is out of action.

7. I have to pick just one!??? Well, the freshest one is the other day in PE at school. We were playin volleyball and I went to hit the ball that was half over my head. This other girl ran up and hit it ever the top of me and I fell backwards and skidded backwards on my bum really fast, LOL!! It was so funny, but everyone just laughed with me, not at me so it was all good!!!

8. Well what a relevant question to ask! I have my year 10 ball tonight (20/9/07) I'm sooo excited but I don't have to ask anyone. If I did and it could be anyone in the world, I would have to say Hugh Grant, because then I could listen to his cute British accent all night and find out if he is really a sleaze or if it's just his characters that are!! However, that's never gonna happen!!

9. Would have to be coming out of my first 8 week group session. I was soooo Happy and had heaps of fun!!!

10. Go ChIPPERS, You guys really make people who are different shine!! Keep it up!!

Lauren Dunbabin

1. Lauren Dunbabin, term 3 2001

2. churchie

3. a 3 year old sister, maggie. Who was born the first day of camp 2004.

4. movie: pulp fiction

song: rhiannon by fleetwood mac

5. Kate Hudson cause she's lovely.

6. my bed

7. throwing up at the Melbourne town hall

8. it would be my best

friend matt cause we have so much fun

9. Anytime when slesh and courtney were around, they were hilarious times.

10. don't be afraid to ask for help.



Karen Lay

1. Karen Lay, Term 2, 2004

2. No

3. 1 sister, 3 years older

4. Beauty and the beast, Mulan

5. Heath Ledger, he's so hunky and can act!!

6. Chapstik

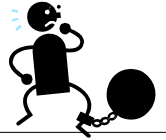
7. When i was trying to be smart but actually made a fool of myself

8. Felipe, he would make night very memorable

9. Meeting so many amazing people



REFERENCE



Stacey Cumming

1. Stacey Cumming, when I was 13, in 2002.
2. Stackers, Sacy, Stace
3. Yep one sister, Taryn
4. Fav song: Missing you- Imogen Heap.
- Fav movie: Heart and Souls
5. Nope don't got one
6. My phone I suppose and food!
7. As if I gonna tell you that...
8. My family or best friend mell..
9. ALL THE CAMPS (WHY THIS ON CAPS LOCK I CANT CHANGE IT). WHY AM I DOIN THIS AGAIN?



Michaela Gunn

1. I Joined ChIPS in... Term 4 of 2006
2. Macca and Magent (from Felipe)
3. 3 older brother all annoying!
4. Give it to me-Timbaland ft. Nelly Furtado and Justin timbalake Happy feet I LUV MUMBLE!



5. Paris Hilton because she is always acting BLONDE!
6. MSN and my phone and my straightner
7. I was having milk in class and I really needed to go to class and it was I think the 2nd term of prep and my tacher said wait hold on and I kinda peeedd in my chair!
8. Um... I would chose Robbie Williams. Because then he can sing to me and then I can make my mother jealous and because his CUTE!
9. It was the first day of ChIPS and Smity (sarah) was there I was so embarrassed! And then we met James and Nick and then Kristen said lets play a get to know you game and we didn't want to play so then we all got on talking and Kristen couldn't get a word in SORRY KRISTEN!
10. ChIPS is the best! Thanks guys for everything this year! GO ChIPPERS!

Simone Saw

1. Simone Saw. I joined ChIPS in 2005
2. Yep, but not telling they are too embarrassing.
3. 2 sisters and 1 brother all older.
4. Fav Song – Wind Beneath My Wings by Bette Middler Fav Movie – First Wives Club
5. Fav actress is Angelina Jolie, as she is awesome.
6. A deck of cards. I always carry a set with me, as you never know when you need a set.
7. Was when I fell in front of my whole year level at assembly in year 9 and tore the ligaments in my ankle.
8. I would take to the ball my friends from school, as they won't get embarrassed when I start to sing or dance.
9. My favorite memory of ChIPS is the first social I attended it was a movie night, and we were watching Grease. And Big Tim decide to play John Travolta throughout the movie.
10. Strong man stands up for himself; a stronger man stands up for others – Barnyard.



Felipe Salas



1. My name is Felipe and I joined ChIPS in 2004
2. Fill, Felipe-ay, Little man
3. Two older brothers and younger sister and brother
4. Movie - Beauty and the Beast

Song – House of Wolves, the point of no return (phantom of the opera [movie]), She's my man



5. Emmy Rossum and Gerard Butler, Phantom of the Opera
6. Orange converse
7. You pick one for me
8. Christine Daei
9. Getting to go on the Catamaran in January and having an awesome bonding day with everyone who was going to be on Reference.
10. I'm in America filling this out whilst waiting for my aluminum dinner to be cooked, and it's wicked awesome over here. TTFN And I'm having a great time over here and I'll be seeing you in November so i hope that the fundraiser goes well coolies later

Sarah Menta



Alex Wilson-Glab

GROUPS

The Term 2 and 3 Groups for 2007 wrote songs with music therapist Meagan Hunt... And we thank her for her contribution to ChIPS.



Normal Chronic Illness

(To the melody of *Am I Not Pretty Enough*)

© July 2007

Words by: Rhian, Beth, Tamara

(Chorus)

Am I not normal enough?
But what is normal anyway?
Who'd want to be the same
I'd rather be different
It sounds so contrived
To be a stereo type
Just want to be an individual

My twin, best friend
He makes me happy
My dog, Kaiser
He helps me
Chronic Illness
Doesn't stop us from living
Good things they come out of bad

(Chorus)

Don't assume, we can't
Do what you can
We go to school, we get support
We like music, movies
We laugh, we cry
We feel together
We are just people too

(Chorus)

We might need some help
We might be in a wheelchair
We have meds, appointments
And hospital visits
We have fun, we're ordinary
We're not all that different
We're just the way we are.

(Chorus)

Chronic Illness, Chronic Illness...repeat and fade

3 East

As most of you know 3 East is the Adolescent Ward in the Royal Children's Hospital. As such, lots of ChIPPERS have been to 3 East, and also lots of people on 3 East are eligible for ChIPS. It was decided by the Peer Leaders this year that it would be good to have more of a relationship with 3 East, so that perhaps some of the inpatients who had never heard of ChIPS would come into the program. It would also remind staff on 3 East about ChIPS, so that they would refer more people. It took many months to get organised, but finally Tamara M, Tamara H and Dwight got to go over to the ward once a month and go around bedside to chat to people about the ChIPS. They showed photos, gave out brochures and info packs and answered lots of questions. Although it is just a pilot at this stage, the peer leaders have been so well received on the ward, it is likely to continue in 2008. Well done

Term 4 Group, 2006

Insight into a ChIPPERS thoughts about group. The 8 Week groups are an introduction to ChIPS.

Our 8 Week group had 4 members and 2 leaders, our Leaders were Felipe and Kristen, They are great leaders and guided us all the way through our 8 week group, Even though Felipe was late on countless occasions 😊

The other group members I had where Michaela, Nick and Smenta. They were a great mix of Kids, 3 out of the 4 kids in that 8 week group are now in the Reference committee.

The 8 Week group is something that you will never forget, we talk about lots of things, not just about our conditions but about the hospitals or how you get along every day.

My First Thought of ChIPS would be talking about our conditions all the time and I was reluctant to go but my parents dragged me along and it's one of the best things I ever went to.



No Pain No Gain

© September 2007

Words by: Sian, Stephanie, Matthew

Melody by Meagan Hunt

I can't ride my bike anymore
I can't stand these closed doors
I'm looking out my window and
I want to get out
But stuck in here just makes me
scream and shout

(Chorus)

I'd like to fly away
But something's in my way
I'd like to check out the shops
and perfume
But I'm stuck in school doomed
The Eiffel tower is in my sights
But something is blocking the
light

My enemy is my pain
It's just like being hooked
But eventually there is a gain
It's just might not be straight
away

(Chorus)

There limits to our ability
And there may be no sustainabil-
ity
Don't be impatient things can
change
Things may be distant but still in
range

(Chorus)



ADVOCACY

MAX Camp

On the 11th of July, myself, Kristen and Claire made our way to Lord Somers Camp. This is a camp that's held over 7 days for people aged 18 to 25 who come to try and basically maximize their potential (hence the term Max Camp) and learn leadership skills. It was a fair drive to the camp, but the experience and the people we met when we got there made it all worthwhile.

I hadn't done a ChIPS talk in a while, so on the way up, nerves and expectations of what it would be like began to build. I had written a new speech about my personal journey and this was the first time I was going to read it out loud. That scared me but even so at the same time I was excited. Excited because I knew that even though as terrifying as it can be to give a talk about my illnesses the fact that I was going out there today and doing it meant that even if it was just one person that I could help understand about what it is like to have a chronic illness, then that is at least one more person who is aware and can appreciate or support someone who is sick.

When we arrived at the camp, Kristen was the first to talk. She talked about ChIPS and how it works. Then it was my turn. As I began my talk I was so nervous, but as I continued I became more comfortable and began to feel what I was actually saying. But the best thing was that I felt that everyone in the room was feeling what I was saying too. At the end of my talk, I think what I had felt throughout my speech overwhelmed me and I cried a little. But in saying that I don't think I can express how good it felt after I had given my speech. It was simply one of the best feelings.

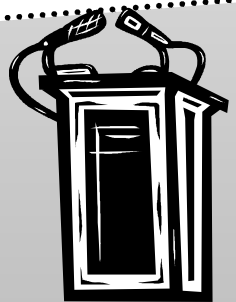
After my speech Claire gave hers on PATS, which then followed with question time. After the questions and as we were getting ready to leave, many people came up to me to thank me for my speech, to give me a hug but what touched me the most was the people who came up to me to share their own personal feelings and stories that had been brought up because of my speech. That really made my day.

To top off the day on the way home in the car it rained, but after the rain a huge and beautiful rainbow appeared. It seriously couldn't get any better than that.

By Louise De Pino

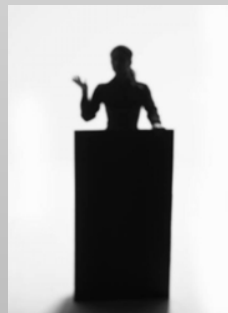
ChIPS BROCHURE

It has been a topic on advocacy committee's agenda for a couple of years now but one that this year we have finally fulfilled! With the help of reference committee members, the advocacy team set out on a mission to revamp the ChIPS information brochure! After much deliberating we decided on altering the size, from A4 to A5, as well as modifying the overall design; the two sides now open out from the centre of the brochure, revealing information about the program within, representative of the open doors of the ChIPS program. Photos and personal stories of living with chronic illness and being a part of ChIPS have been updated, complimenting the freshness of the design. Advocacy committee would like to thank everyone who was a part of this project; I think we did a great job. We'd also like to say a special thank you to Sarah for her encouragement and creative contributions!



Arthritis Victoria

Vassie, Tamara and Kristen presented a talk to some parents and young people on ChIPS and Transition at Arthritis Victoria. It was the first advocacy talk for Vassie, but not for experienced Tamara! Both had some experiences to share about their own transition and some wise words to share about what to do and not do when approaching moving from the paediatric to adult systems. Well done all involved!



ADVOCACY

School and Uni Presentations



This year ChIPS provided presentations in various educational settings:

- Michaela and Kristen did a presentation to 40 grade 5 and 6 students at St Catherine's Primary School in Lalor
- Louise D, Charlotte and Kristen stood up and talked in front of about 40 Youth Studies students at RMIT
- Louise D and Kristen spoke to about 20 social work students from University of Melbourne

We have heard that other schools are interested in presentations in 2008 – put the word out that there is a form on the website that can be completed to request advocacy presentations

ChIPS WEBSITE

As you may have noticed the ChIPS website has now been updated; we've gotten all tech-savvy so now, via the Internet, you can be kept in the loop of what is happening around ChIPS! There's information about upcoming socials, camp and fundraising opportunities. You can access additions of the newsletters and magazines, and find out more information about the program. The photo gallery has also been updated, capturing the fun that is had when we are out and about. Maintaining the website is important as for the majority of people the Internet is a main source for collating information, so by keeping it up-to-date we can inform everyone of what ChIPS is all about, and that we are still very much alive and kicking! A big thank you to everyone who has helped make the website what it is today, I think we would all agree, it's looking great. So check it out at www.rch.org.au/chips

Chantelle Baker

Westpac Community Idol

The annual Communities in Control conference each year recognises the important social role played by Australia's 700,000 community groups. And each year since the 2005 conference, they have set out to find the community group that stands out from the pack - the group that is an innovative, vibrant, effective, representative and participative leader. This is done by staging the annual Westpac Community Idol contest.

From hundreds of entries each year, the judging panel narrows the field to three finalists, as well as awarding commendations to a further 10 community group entrants. Then the audience at the conference judge the winner. From over 500 applications received across Australia, **two eight two eight** was announced as the winner of the 2007 Westpac Australian Community Idol competition. Excitingly, ChIPS was listed in the top 10 and received a commendation for it's work. Vassie received the award on behalf of ChIPS. Well done to the Advocacy Committee for it's hard work in completing the application for this competition.

EVENTS



Run for the Kids

The Run for the Kids was a event hosted by the Herald Sun to raise money for the Royal Children's Hospital . We had a choice of the 15km run/walk or the 3.4km run/walk., Obviously we took the shorter option which proved in itself a struggle. We all met outside the arts centre to put on face paint and take some snapshots before we embarked on our travel. We all started together but merely 1km into the walk Me, Felipe and Karen set out to get our heart pumping and shortly after our break away I got an interview with Fox FM which was aired on the radio a short time after. Only 1.5kms in and the "Hill of Doom" struck us, coming up the top I broke away from Felipe and Karen but with blisters and rashes on my hands I took the last 1km to the finish line and was surprised at my time of 25 minutes, the other came in shortly after. After we collected our breathe it was photo time then off to McDonald's to feed our hunger and maybe come-back next year.

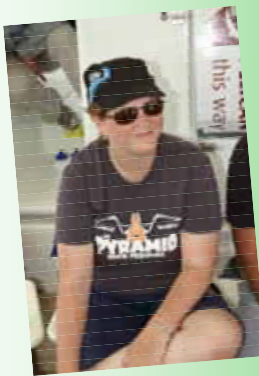
James Williams

Sailing Day



At the beginning of 2007 the ChIPS reference committee as well as a few others headed out for a day on the high seas. The event was organised by the People and Parks Foundation and we learnt heaps of great new things. We all congregated at St Kilda promenade in the morning and waited longingly to set sail on the mighty Port Phillip Bay. Eventually we all climbed aboard and were told a bit about the boat and its crew, safety procedures, and were introduced to everyone. Finally we were off. The wind wasn't very strong so we started off by using the motor and chugging along. It was lovely to relax on the trampoline at the front of the ship and be whisked away by the lovely weather and great conversation. Then we got into some more important things. We had a few people come and talk to us about leadership and what it means to us to be leaders and who we look to for guidance and those sorts of things. It was great learning other people's opinions and learning about who they admire most. It was also great listening to some stories about the leadership roles a lot of chip-pers have taken on. After that we had a break for lunch. Lunch was provided by the People and Parks Foundation and consisted of some very yummy delicacies. After lunch we had some more time to relax and then we anchored and launched a camera which projected a picture onto the television and we saw a lot of what was happening down on the reef, although not too many fish were about. It was great to be able to see the reef without actually getting in and having a swim around. Then we launched the rubber duck, groups of about five people braved the choppy seas to head out onto a rocky platform to look into a few rock pools and learn about the animals that dwell there. We learnt about Neptune's Necklace, Sea Anemones and other various wildlife that rely on the ocean for support. We were also told a lot about the work that Parks do to conserve the bay for wildlife. It was great to see chippers out braving the wind and waves to learn new things. Then we all headed back to the boat and dried off. The weather had become a lot nicer and windier, great weather for releasing the sails. We turned around to head back to St Kilda and the great white sails were released. Chippers helped out with releasing the sails and bringing the anchor up and we took a few tours of the impressive boat. Then we all settled down for a relaxing trip back, stretching out sea legs on the deck and chatting away about the year of ChIPS to come. The day was a great success with only a few people getting sea sick. A lot of great new friendships were formed and all in all it was a great day out on the high seas.

Jordan Hammond



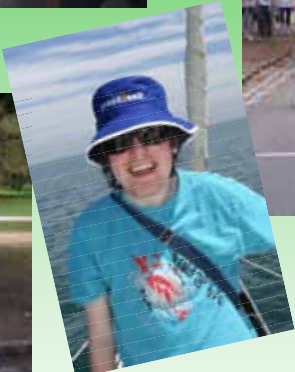
PHOTOS



PHOTOS



PHOTOS



LEADERSHIP TRAINING

At Leadership Training this year we had a special event called Ticket to Freedom run by Reference Committee member Ivano Cascone.

Ticket to Freedom

This all started when I decided to take part in course called "Multicultural Leaders In Sustainability" (MLS), it was mainly because I had an interest in living in a sustainable way and because it was a chance to meet people and make some new friends, which had been very difficult for me. I got all of this and more.

MLS is a small course spread over a few months meeting once a week to learn about a sustainable lifestyle and then organise a small project to promote sustainable living in the community. With some changes in lifestyle and some modification to the things we use it can be a very easy thing to do, but we need to know how. (Watch *Carbon Cops* every Tuesday at 8pm to learn more)

If you want to calculate your own eco-logical footprints type this link into your web browser at <http://www.epa.vic.gov.au/ecologicalfootprint/calculators/personal/page1.asp>. Easy ways that people can reduce their eco-logical footprint are by having shorter showers and turning off lights in rooms that no one is in.

During the course we had many field trips to quite a few environmentally sustainable places, and locations where we learned about water, energy waste and transport. The field trip that struck me the most was a visit to Metlink. Metlink helps to manage Melbourne's public transport system, and we went there to find out more about sus-

tainable transport. What I learnt is that over a third of the HOUSEHOLD energy is used on transport.

Straight after that meeting we had about 2 hours to go around the city on trains, trams and buses (and our feet) with a public transport guide. I had so much fun and learnt a lot about getting around Melbourne on public transport that I wanted to spread the word about it.

This is what inspired the idea of running a scavenger hunt. I wanted the day to teach independence and sustainable travel to young people who have chronic illnesses (ChIPS members)

The day of the activity was a scary day for me because I had to face a group to which I had to organise the activity for, which I had not done before in my life, not to mention that all of the participants of the activity were girls which being a male made the whole thing even scarier. (Just joking) but it turned to be a fun day even for me and seeing the interest in everybody was a very satisfying moment in my 22 years of life. This also plays a big part in the long term of the general health of the people to mention the planet.

The event was sponsored by "MLS who is funded by the Victorian Government through the provision of a Victorian Community Support Grant from the Community Support Fund, Yarra Valley Water, Metlink and Fouress Foundation"

Ivano Cascone

Davina's Reflection

What did you learn from being a member of a scavenger hunt team?

Everyone had a chance to apply the leadership skills we learnt. As a member you learn the importance of patience and listening to each other.

What was your highlight of the day?

Sightseeing some of the tourist locations Melbourne has to offer. The food on the day was also great.

What do you like about public transport?

It's cheap, convenient and easy to use.

What was your team called?

I can't quite remember. I think our name was something with the word 'travel' in it.

What place did your team come?

Despite missing out on 30 minutes of game time, we won!

How was the leadership role used?

Our team took on joint leadership. If someone was familiar with a location we invested our trust in them and allowed them to take charge.



CAMP

ChIPS Camp “Ooh the lesson’s I’ve learnt”

I have had the opportunity to attend the last 5 camps and as the 6th was approaching I began to wonder and anticipate what may be in store. I thought of the book by Dr Seuss “Oh the places you’ll go” and could respond in terms of “oh the lessons I’ve learnt”

The lessons that I have learnt on the annual summer ChIPS camp have been many and varied. I never know in advance what the lesson to be learnt is – it’s like a type of lucky dip!

On my first camp I learnt of acceptance and independence in terms of both of my own and other people’s limitations. I gained confidence in knowing I knew better than anyone else what I could and could not do. This was the first chance I had to be in a team with other people my age who have health challenges. It was an opportunity for me to also hear from older members and learn about adventures ahead for me.

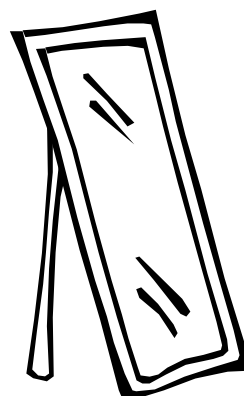
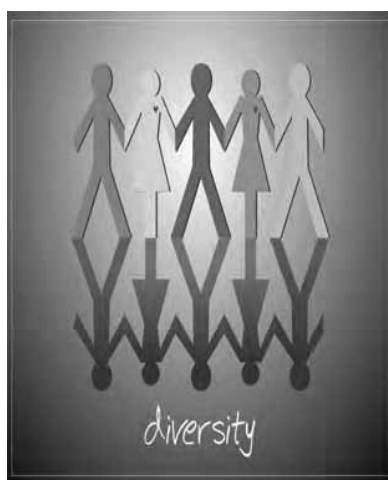
My second camp was not too challenging but served more as a safe space to relax away from acute stress. It came at a really difficult time for me and going to camp was like a protected haven where I could temporarily escape. Again I was appreciative hearing from older members and what has worked for them. This was the year that my team came first. What I remember was that my team leader asked that we do not look at the score board but instead make the most of every challenge presented to us. Focus on self and the task at hand led to the best results.

My third camp brought opportunity to catch up with friends that I had missed not seeing for months, and meeting new ones. It was a great chance to share experiences and tips on what has worked best in living life to the max.

My fourth camp was just before I entered Year 12. I was able to connect with other members also entering the final part of high school and shared the apprehension and pressure of the academic year ahead. I used the time to focus myself and have fun but to also take time out to read my texts for the year. As I had begun to be one of the older members of the camp I noticed that I embraced a leadership role within the group of people that I shared a room with at night. By the end of camp I enjoyed receiving and giving support to a member slightly younger than me, who was on her first camp.

My 5th camp was of the unknown. I learnt the jackpot lessons of trust, teamwork, challenge and acceptance. This camp challenged me a lot more than previous years and was the first year that the group ‘Purple Soup’ was involved. Highlights included the warm fuzzy story, trusting my instincts, and knowing when to extend myself. I felt inspired and more determined to face fears that have restricted me for a long time, and therefore how to better look after my health.

Vassie Dandanis



CAMP

Who knows what lessons Camp 2007 will bring? I can't wait. Bring it on!...

... 2007 camp brought many challenges. I arrived at the Briars to be arrested for running late! This is because mum's session at work went over time and had to wait for her to bring me. After I got over the shock of what was happening I settled into the prison lifestyle. This was after being processed into the Briars prison of course and had some food otherwise known as 'slops'. It was then straight into the physical challenges including archery, canoeing, and giant swing along with a chance to create a plaster mask of how we see ourselves. As well as attempting exercise one which was for me was the giant swing where I managed to get a quarter of the way up. Later that afternoon there were some drama activities before another slops stop which is otherwise known as dinner.

Trivia certainly challenged many of us convicts to the point that we rallied to abandon. We had some time out to just chat, play and relax before being locked down for the night. The next day brought more challenges. For me this was canoeing and mask making before being allowed out for good behaviour to the beach for the afternoon. This was quickly followed by a scrub down and slops stop on return. Followed by dinner were more drama activities before our chance to escape over the wall. I was full of fear but at last success. There was then a chance to play a game known as 'where is homer?' Once we were all safely into base we watched the amazing photos of the challenges that many of us had undertaken in the last few days within the walls of the Briars prison. The final day was about preparing for our release where we had a last chance at activities of which I chose to be further challenged on the giant swing where with lots of help and encouragement I doubled the height from the ground that I reached. We then gathered for 'magic moments where one of the leaders of the gang read out some positive messages and we were given the chance to go up to people who had their eyes shut and tap them on the head to acknowledge them for that achievement. This was followed by lunch with guests who included a number of old mates, some family and some sponsors who helped us to escape by paying our bail. There were awards for everyone that made the most of their time in prison before it was time to depart Briars prison.

Vassie Dandanis



2006 was a crazy time for the ChIPS program, much of the year was spent without a proper co-ordinator and some big changes happened around the place. You would think that with all this going on, we might struggle to get the camp up and running. And it looked like it might go this way for the 2007 camp until we were helped out by John H from upstairs of number 8.

If it wasn't for Johns help, advice, crazy passwords, beautiful spreadsheets, awesome ideas and level-headedness, the 2007 camp may not have gone ahead.

Every ChIPPER who had even on microsecond of fun on the 2007 camp owes a huge "thank you!!!!" to Mr John Hargreaves. So on behalf of all the happy ChIPPERS of the 2007 camp, thank you John!! Thank you for all the hours and all the ideas, the cherries and almonds and your fabulous ideas!!! We are forever in your debt!

Lauren Dunbabin

Thankyou to the many talents and people that contributed to such a successful camp for ChiPers of 2007.

Thankyou to the staff at the Briars Mt Martha; for providing the space and meals for the 3 days. I just remember the warmth of the staff when I worked with them in my team duties.

I thank the health professionals who were there looking out for us members throughout the camp. Not to mention the friendly 'Good Morning' every

morning at medicine time.

I thank the Purple Soup leaders Mel, Tim, Jai, and Morgan who were always teaching us members important lessons and challenging us to new heights. There were many challenges that I thought I would never do but have and often will think back to camp 2007 when I have new challenges to face.

Vassie Dandanis

Behind the Scenes and Thankyou

SOCIALS

What a Ball!

On Saturday the 18th of August CHIP-IN Auxiliary held their annual ball, and what an amazing ball it was!

The food was truly gourmet, the entertainment sensational; the bracelets were a massive success and the speeches were all from the heart.

Approximately a staggering \$20,000 was raised on the night, how fantastic is that!

Thank you to all who attended the ball, without their support we could not have raised nearly as much as we did and the night wouldn't have been as much fun.

But the most important people, us CHIPERS, need to thank are the CHIP-IN Auxiliary committee. Their commitment to CHIPS is second to none, once again a huge thank you!

Charlotte Ballan



Harry Potter Movie Night

On Friday the 13th of August (it was no coincidence that this was the date!), a great number of Chippers, friends and family gathered at Melbourne Central Hoyts cinemas for a night of socializing and relaxing in front of the fifth and most famous Harry Potter movie. For those of us who attended the ChIPS Harry Potter movie night, it was all good luck and smiles rather than bad luck. The night began with some mind-blowing, informative speeches from a couple of chippers (Abby and Jordan), some raffle prizes and some awards and presentations to chippers (Louise Pellegrino - Liz Dixon Award, well done!). Then at around 6:30, all of the 170 people who were there to support ChIPS and learn what it was all about flocked into the cinema to watch Harry Potter and the Order of the Phoenix.

To make the night all the more fun and exciting, not to mention add a bit of humor, some of the people who attended got really enthusiastic and made the most of the night in their own way - they decided to dress up and team with the theme. Amongst the people who you could say were dressed like muggles (people from the normal non-wizarding world, not from Hogwarts), there were a few people who were dressed like Witches, Wizards and the mysterious creatures of the magical world.

The night was a BIG success with a great turnout and the ChIPS program raised over \$500 to buy a digital camera for the program!

By Abbie Kinniburgh



SOCIALS

Christmas party 2006

The Christmas party last year was done in a cocktail party fashion. The room was set with Christmas themed decorations and we even had a DJ that made it more formal than just a party but not uber formal like a black tie event. The chippers were all in motion literally. We had the DJ and also had our short video on display in the background for all of our viewing we had the party at William Angless. The group from the last term all came along which was fantastic as it was their first ChIPS event.

Thank you to everyone who made it possible.



Term 1: MSAC

On Thursday the 10th April 2007, the Melbourne Sports and Aquatic Centre (MSAC) were converged on by Chippers. Chips had come for their term 1 social. The day of activities first started off with a friendly game of table tennis, but oh no keeping in tradition with chips, this was no normal game of table tennis. Some people were handcuffed together, others were dressed in costumes. It resulted in many laughs and memorable moments. The next lot of activities was modified basketball. The aim of the game was to try and get the ball into the hoop and if the person behind us got it in we were out, but we were safe if we got it in. Before the game had even started the mind games had begun, some people could handle it and others buckled underneath it all. We then went on to play a game of soccer, which got quite competitive. The game ended up being a draw, which resulted in a penalty kick out with one of the sides winning by one goal. After all the activities had finished we thanked our friendly guides and headed to the park across the road for a bbq lunch. The lunch was fabulously cooked by Kristen and Claire. Whilst we ate we gossip about the day's activities, and shared many more laughs together.



By Simone Saw

Term 3: ChIPS and Salsa!

A dance party and dinner – what a fantastic way to start off the school holidays! The term 3 ChIPS social was held on Monday the 24th of September 2007, at the Dance Studio in Melbourne University. There, all the ChIPERS, with little experience, had an opportunity to learn two new dance styles - salsa and meringue (which catered for all our abilities)! Ian and Faye (from the wild program) were our official dance instructors for the evening and began by taking things nice and slow! Everyone had fun making mistakes and laughing at ourselves in the mirror! But it wasn't long before we cranked up the speed of the music and attempted to dance at a ridiculously fast tempo, laughing our way through it!

We all worked up a bit of a sweat and then finally decided to have a little rest and a snack! During the break we lit some candles on a cake and presented it to Claire as a thank you and farewell. The social was Claire's last one, as she was finishing up working with PATS and as the ChIPS social mentor – we will all miss her very much!

After filling up with cake, drink, biscuits and of course some chips, we began the second style for the night – the meringue! This was a very different style of dance, but we soon got the hang of it and had lots of fun dancing with different partners as we rotated around the room!

Before we knew it the dance lesson was over, but then began an impromptu performance of a number of ChIPPERS displaying their talents and skills! Stacey dancing solo, Louise D singing, Ivano entertaining us with an awesome impersonation of racing car sounds and myself (Tamara M) also singing. The night ended with Ian and Faye, our two professional dance class instructors, showing us what dancing was really all about!

Most of the ChIPPERS at the social then continued the party, as we travelled by tram together to a beautiful restaurant near Melbourne Central called Spiga. We all rewarded ourselves for surviving the dance class with a delicious meal! While we enjoyed catching up with friends and making new ones, as a few of the ChIPPERS from the term 3 eight week group had joined us for the evening. We laughed and joked as we remembered how fun and exciting it was to step out of our comfort zone and into unfamiliar dancing shoes! Overall the social was a huge success!

By Tamara Myers





FELIPE & KAREN'S ADVENTURES TO...



It all began one month before leaving that everything came to a halt, 'oh! Snap I'm really doing this' I was completely euphoric state.

So there I was on my way to America, and if you know me you would know that I'm never on time to anything, and why would traveling over seas be any different.

I made it to the airport on time (I know I was pretty freaked as well), I made it to the airport hurdle number 1 done; yayness for me, Karen was flying out the same day only half an hour after me, well the universe had the same old plans for me and well you guessed right, my flight was delayed I ended up flying out an hour after I was supposed to, which put me back in my regular motion of running late.

After this first hurdle I made it to the US after a long wait in Auckland (very hot and humid and in a crowded space) and then getting lost in LAS ANGELES the first thing I did in the US was getting lost imagine that well you don't need to because it actually happened even though I spoke English and Spanish, I found that LA people weren't the best direction givers, I'm now on the home stretch a five hour flight to Boston were I was going to meet up with the people from camp I was excited and nervous and well to put it frankly I was freaking out!!! I remember it well I got of the plane and then made my way down a hall followed by stairs followed by another hall and then some more stairs (fun) the baggage claim was were they were waiting for me it was Meghan (second in command at camp), Kevin (in charge of the C.I.T's) and Tom (for the first week or so I thought his name was Stu) well that kind of shows you how delusional I was. I met Mike, and Nate, then went to bed. There I was at Camp Spaulding, Penacook, New Hampshire.

The female councilors were made up of; Eli, Laura, Hollie, and camp director, Dawn all from the UK, Rebecca from Germany, Catie and Nikki from Colorado, Meagan from Maine, Laura from Michigan, April, Meghan, Kelly, and Jenna from New Hampshire.

The male councilors were made up of; Tom and Mike from the UK, Will, Nate, Eric, Kevin from New Hampshire, James from Maine and myself from Australia, a.k.a. The land down under.

The Staff managed to get along famously and we were set it was almost surreal the fact that we had all become so close in such a short period of time and the kids were arriving that coming Monday, we were set our cabins and co councilors. I was put in the middle age 9-10 year old the boys were in the minority there weren't many boys but our cabin managed to have the most with nine and three councilors, I was with Tom and Nate we all got along really well and that worked for us as we also had quite a big group and also hectic with kids of the pre-pubescent age. The second session I had the same age group some of the kids returned for the second session and then there were some that were there for the whole four sessions. The second session proved to be my worst session because the kids were just not in the mood to co-operate and I was sick at the same time so I was completely left dumb-founded by the fact that they would act in such a manner with me and then not with the other councilors, it left me in a right little rut, but I never showed this in front of the kids because then it would make it even harder for me to handle them, well in the end Mike and I both decided that we had given them all enough warnings and it didn't seem to faze them at all so we had no choice but to send the entire cabin home it was dreadful having to send them all home but fair is fair and we had given them all enough warnings and they chose to ignore them all. Session three was better I was in the youngest cabin, they were eight or nine but they seemed a lot younger than the previous two sessions of youngest cabins, it was a lot of fun having them at the camp and being the first view of camp life amazing is all I can say they were ready to try pretty much all that camp had to offer and watching them come out of their shells and experiencing nature and new things for example the high ropes course was a camp favorite for everyone, even the councilors.

Then there was session four, the last session was different to all the other sessions as it was only a one week session, the kids were great in the last session I was with the youngest again it was so much fun I remember that on the last night Kyle and myself decided to have a kitchen raid, its basically all of our cabin go into the kitchen at night after the evening activity, and well raided the kitchen there was food left out for us of course, we grabbed it all and quickly, then made our way down to the basement to watch a film and indulge in all the sugary treats that we had. They all loved doing this because it was exciting the shroud of night and the chance of getting caught and then getting away with our loot it was such a sight to witness.

In session three one of the other councilors who had come down under asked me if I wanted to help her run the birdman rally, (like the one at Moomba) well as would expect it was a hit all the cabins designed a birdman creature and then had time to make it and dress one of their councilors as the birdman/woman and it was a camp-wide activity that was enjoyed by campers and staff alike.

Dress the councilor was the well the most outrageous event at camp as the campers were given the chance to dress a councilor of the opposite gender (the girl campers dress a male councilor and vice-versa), after they were done with dressing up their councilor the campers all went over to the boys side of camp to the old dinning hall for the match-maker contest, were one of the councilors that weren't dressed up asked questions and the dressed up councilors answered and then they would ask the audience (the campers and other staff) who they should pick, all in all it was a very funny experience.

Over the next eight weeks at the camp I noticed as to how different kids from America were to kids over here, the biggest struggle was, to my surprise the language barrier, I mean simple things like accents, the use of normally negative words to say something positive (wicked) which I was informed was only used in New Hampshire, and also my accent sometimes didn't get through to them either until they either asked or I realized that I had said it in (Australian English) for example; "come here," and I would say "come 'eah!" something as simple as that was one of the very common differences I noticed, not only me either the English and I had similarities in speech that the Americans didn't understand.

The experience was in fact an EXPERIENCE!!! One that I will never forget, so all I can say to end this piece is to say thank you everyone at camp Spaulding for making it so enjoyable and something that helped me grow (although not literally) and also a special thanks to Laura, Eli and Eric I will never forget our trips to the beach and just jamming out in the car, and also thanks to Tom you were one of my best mates there, and Laura again bff and a day.

"YOU'LL NEVER WALK ALONE"

By Felipe Salas Coolies and laters...

CAMP AMERICA



I was excited and scared at the same time for this new stage of my life to begin. With my study finished at the end of 2006, I was unsure of what to do with my self. After looking for a job and other options I came across Camp America. My fantastic ride with Camp America started in early January this year, with my application processing completed. After waiting only 2 weeks I was given a placement at a Girl Scout Camp in Upper New York State. Camp America organised most of the paper work needed for my trip to America including my J1 Visa. I started my trip on a cold winter's day, Thursday 14th June at Melbourne Airport saying goodbye with many tears. My flight left at 12 noon with a 4 hour stop off in Auckland, New Zealand. With the 13-hour flight over and done with no sleep, I had to transfer airlines in the busiest Airport in the world, L.A. After an hour delay getting off my flight in L.A., with no radio movies or toilets because of an immigrations evacuation. I had 8 hours from landing to take off to find my luggage, go through customs, check in and find my departure gate. I eventually got off the plane after 38 hours travelling with not much sleep. I arrived on the same day that I left. I arrived in New York quite happy to just sleep but first needed to get to my hotel. I met the other 3 international staff working at my camp, 2 from Germany and one from England. After a 5-hour drive from New York being driven by the Camp Director, We arrived at our new home for the next 8 weeks. Wow! What a shock the Cabin I was staying needed a bit of cleaning up, especially the bathroom. After the first initial shock of being stuck in the middle of nowhere for 8 weeks sunk in, I met the other staff at the camp. Most were students in either High School or Uni. I fitted in perfectly. We did the always-excited name games, to get to know every one. We were all given a camp name mine was Koala, obviously because I am Australian. Some of the others names were Star, Sleepy, Pebbles, Chickadee and Leaf. After the first week of girls there, they came up with a small joke of asking me "Koala are you hungry?" I would ask why and they would reply with "Leaf is just over there". This became a reoccurring joke many times over the next few weeks. I was a unit leader at camp, this involved me organizing what my group of girls would be doing during the day, as well as organizing transport. Each week our group of girls had a different theme which is what we based the activities on for the week. Camp became routine after the first few days. Get up at 7am, flag at 7.35am, breakfast at 8am. We had four activity time slots with our group of girls each day and times when the whole camp was together for activities. Each week we had 2 campfires (Sunday and Thursday), 2 theme nights (Monday and Tuesday) and a talent show night on Wednesday. My first 2 weeks were easy enough. On Monday 30th July I received a call from mum at home saying that my dad would be having a triple bypass the next day. Everyone at camp were great and very understanding while I did not know what to do. The other councilors looked after my girls for the rest of the evening while I watched on in shock. I received another call the next day to say everything was a success. A weight was lifted from my shoulders. The next 3 weeks were interesting. My group of girls were coming to do horse riding for the week. This would involve me waking up at 6.15 am to get the girls up and at breakfast by 7 am then to the horse ranch by 8am. I would drive a group of 5 girls in a van to the ranch each day. This was a challenge for me driving on the other side of the road but I adjusted quickly. We would go on a trail ride each day then learn about some more about looking after horses. Each week was more advanced at the ranch. By the 3rd week I could show the girls how to lead, saddle and groom a horse by my self. During camp I got to know some very interesting characters, which I am still in contact with. Camp ran from Sunday 12noon to 6pm Friday after this the staff would get out of camp as quick as possible. I went to Montreal Canada one weekend it was incredible, but most of the time we would just look forward to have some relaxing time. This might have included a few drinking nights. When camp finished I did not want to say goodbye but America was calling me. I traveled with a German councilor from camp to Boston on the way visiting some of the other staff from camp. I met up with a friend who was in Boston and we traveled America together. We went to New York and stayed 2 blocks from Times Square. Boston had some history I never knew was so interesting. Over to Seattle and the space needle, then down to Las Vegas. Where of course we did some small gambling coming away with more money. I am still not sure how. Drove 4 hours through deserts to the Grand Canyon for Sunset. Wow so many colors and space. West to the city by the bay, San Francisco to see the Golden Gate Bridge. Down to the City of Angels and Hollywood where we saw many celebrities' homes and Santa Monica Beach. I started heading home on Sunday 23rd September with a stop off in Auckland to visit my cousin. Home the next day glad to see the familiar faces of my family jumping with joy when I walked out of Customs. Mum and I cried, after many hugs we made it to the car and home where I will always call Australia my home.

By Karen Lay

CHIPS SYDNEY

the
children's
hospital at Westmead



What an excellent year it has been for the ChIPS program in Sydney. We are now in our second year and thanks to some great support from Adolescent Medicine Unit and sponsorship from Perpetual Trust, ChIPS is doing well.

The year has seen many first including our first family and friends Movie Night. This event saw us partying in the middle of winter and took us to see Shrek 3 in the newly built Greater Union

Cinema Complex in Parramatta. What a cool movie. There were lots of prizes to be won and a fantastic atmosphere. It gave all of us a chance to hang out together and all 320 people got to spend time supporting the great work that ChIPS does. It was an awesome event (*thanks Greater Union*)..... Next time we will remember to take the camera!!!!

Our group programs are doing well with many health care teams seeing the great support and fun opportunities that being in the ChIPS program offers. We have started a first for ChIPS by providing a monthly inpatient program in Turner Day Procedure Ward where adolescents can have their medical treatment as well as being able to meet and talk to other young people about life and discuss topics just like in the weekly program. It certainly makes the time more enjoyable for them and saves yet another trip to the hospital just to attend ChIPS.

By far the best thing that ChIPS has accomplished this year is to establish our Reference Group. This step was really important as it gives the ownership of the program to young people. We have a peer support group, a social activities group, an advocacy group and a publishing team all beginning to find their feet and get the "job" done. Well done and a big thanks to Kylie, Mae, Gemma and Sarah who volunteered to lead each of the groups. Working with you all has been amazing!

So the year ahead looks bright and with great links being created between all the different ChIPS program in Australia I am sure 2008 will have us all undertake some fabulous adventures.

Cheers,
Michele Casey
(ChIPS Coordinator - Sydney)



Term 3 Social - "Hairspray"

On Thursday the 11th of October 2007, Sydney ChIPS took our "chippers" and reference committee to see Hairspray at Parramatta Gold Class cinema Greater Union. Although we may be small in number at the present time we had the biggest and best day ever! Thanks to the kindness of the staff at Gold Class, Parramatta we were greeted in a friendly and warm way and got to sit in the "more than comfortable" lounge area before the movie. We all ordered food and drinks from the menus and our members were commenting constantly on the wonderful atmosphere, most were shocked that movies could be this different from the normal cinema experience. Some of them were a bit upset that the beautiful looking cocktails were out of bounds for us (hehe) but those are the breaks. When we were moved into the actual cinema we all settled in (very nicely i might add) into the luxurious recliner chairs and some of us who were a bit tired (namely tee member called Gemma) ourselves awake because it poor co-ordinator Michele though upon looking over to she did not look to un-



The movie started and I about whether a musical but to be honest, it was the music was awesome. As the movie was playing, brought to us and i will

some of our "Chippers" faces as we were served our food and drinks exactly when we had asked for them. James face when he was brought a big bowl of popcorn was unforgettable and seeing Salwa eating out of a cocktail glass full of maltesers was a funny sight. Gemma and i were also given a HUGE silver bowl of popcorn although none of us recalled ordering it.....weird?

I could see that the urge to not dance in the isles let alone your seat was getting to all of us. I thought it was just me and tried to stop moving around subtly to the music.....and then noticed everyone was doing this and Michele wasn't attempting to stop her moving AT ALL! So we all kinda danced along to the wonderful songs and had them stuck in our head for, i can honestly say, hours after the movie was over.

With my recliner seat pushed waaaaaaay back and my bowl of popcorn and nachos i thought things couldn't get much better than this.

Tip for anyone though: do not order nachos in a very dark atmosphere without expecting to get your hands messy from not being able to actually SEE the corn chips and distinguish between a chip and a blob of sour cream and guacamole! There were many times Gemma and i would lean forward and go "is that a chip? *sticks hand into the mound of chips and dips and then quickly withdraws it again* noooooooooo thats sour cream" it was funny, a good experience especially if you are someone wanting to learn how to eat chips in the dark.

After the movie, we all got up and even James admitted to liking the movie, being our only boy at the time it was a struggle for him to say he liked a musical but i think he did, i saw him dancing a bit (hehe) We all moved back into the lounge area where we were spoken to by one of the friendly staff members. We were asked how we liked the movie and if everything was to our liking. It was to everyone's liking....very much so. Gemma and I found out that the bowl of popcorn that was so generously put on our table was actually for James, but he and Salwa, in true ChIPS spirit, shared their bowl together and let us keep eating theirs. But that explained where the mysterious popcorn bowl came from for Gem and I. All in all our experience was an absolutely awesome day. The service, the friendly atmosphere, the recliner chairs, the food being served to us during the movie, all the aspects of it added up to make the entire day a wonderful day for us all.

Thanks again to Gold Class cinema at Parramatta for being so generous to us and our members; it is definitely a day we would love to re do again and again.....

Kylie

RESEARCH/PROJECTS

Keeping Connected Pilot Study

Website: <http://www.edfac.unimelb.edu.au/keepingconnected/index.html>

Keeping Connected is a research study looking at the social and educational experiences of young people whose schooling has been disrupted due to an ongoing health condition. It focuses on connections between young people, identity and schooling. The study is a collaboration between researchers at the Centre for Adolescent Health, the Royal Children's Hospital Education Institute, and the Department of Education at the University of Melbourne.

This study uses digital cameras and video cameras as an innovative way to help young people tell the story of what it's like to be them. Near the middle of the year several ChIPS members participated in a pilot study for this project, taking photos with digital cameras and making videos, then having a discussion with one or two researchers about those images and their experiences making them. This helped the researchers to know they were on the right track with their research approach before the study proper got started later in the year.

The ChIPS members who were involved produced many amazing photographs and bits of video footage and also offered lots of helpful advice to the researchers to help fine tune the camera approach.

Many thanks to those who were involved, Dr Sarah Drew (Centre Adolescent Health researcher leading the Pilot Study).



Optimizing Pathways Research Study - Advisory Committee

Website: http://www.rch.org.au/cah/research.cfm?doc_id=10590

Optimizing Pathways is a research study that's going on at the Centre for Adolescent Health. It aims to understand how young people with ongoing health conditions learn to take on more responsibility for their health as they get older. Research interviews are used to draw on the perspectives of young people, parents and health care practitioners. Disposable cameras are also provided to young people as a way for them to help share their stories and experiences with researchers.

As part of this project we have had an advisory committee to help think through the best ways to share the information we find out with the people who are going to benefit from it most. In other words, the advisory committee has helped think through things like producing brochures, CDs and a web site for making the study findings accessible to young people, families and physicians etc. We were keen to have young people involved in the advisory committee, so along with several people who were participants in the study we also had Vassie giving us the benefit of her experiences and sharing some important ideas about how we should move forward on getting the project findings 'out there'.

Many thanks again, Vassie. (Dr Sarah Drew, Dr Rony Duncan and Professor Susan Sawyer).

For my view as a consumer to be counted among members of peak bodies, parents and health professionals was a new thing to me. – Vassie



RESEARCH/PROJECTS

The Access Watch Public Transport Project

This project was run by VCOSS, (Vic Council of Social Service) DRC (Disability Resource Centre) and DAIS (Disability Advocacy & Information Service) were seeking people with a disability to fill in surveys of their experiences of using public transport throughout Victoria. The aim of the project is to document what types of transport is accessible and what is not accessible for people with varying types of disability. This information will be written up in a report and the findings presented to the relevant government departments and public transport operators. Surveys were available either by contacting the project worker or on line.

Glad to be part of evaluation and review of Victoria's transport system. I know this often makes the difference of being activities accessible or not. - Vassie



The Starlight Needs Analysis project

This project aims to understand the needs of the children, young people and families who access our programs. To do this, we have consulted over 230 young people, families and health professionals – including ChIPS! We are using this information to make sure our programs are the best they can possibly be. Thanks to ChIPS for making such a valuable contribution.

thanks
Felicity McMahon
National Programs Manager (Acting)
Regional Needs Analysis Project Manager
Starlight Children's Foundation



WILD

Exploring hidden caves; rock-climbing up granite cliffs; hiking through beautiful fern glades; walking barefoot along pristine beaches. These are just some of the things that young people get the chance to experience on the WILD program. WILD stands for Wellbeing through Integrated Learning and Development, and is a new program from the Centre for Adolescent Health at the Royal Children's Hospital. The group runs for 8 weeks and gives young people the opportunity to challenge themselves in different ways, to develop their self-confidence, experience success, and discover new things about themselves. In 2007 we've had a number of ChIPPERS take part in the program, and so far they've all come back smiling! For more info take a look at our website: www.rch.org.au/cah/wild

I'm in WILD at the moment and the taste so far has been refreshing. – Vassie



FAREWELLS

Well it's time to farewell another special person - Lauren has been a ChIPPER since 2001 and joined reference group in 2002.

Within reference group Lauren was the chairman/woman for 3 years. Lauren has been on various sub committees such as mag, newsletter, socials, advocacy and her favourite of them all camp. Lauren helped organise the camp in 2007 and it was a huge success. Without her a lot of things would not have happened. It was on camp this year that Lauren deservedly had the honour of receiving the Chris Balnaves memorial award for the most outstanding camper. She also was in the winning team, Melbourne Underground who I must add were clearly the BEST. Lauren has also help lead two 8 week groups and been a great peer leader for new and upcoming members.



LAUREN

Lauren has been a part of ChIPS for 6 years and I have known her for 5 of them. I must say Lauren has been a great friend and someone that is always great to have around. Without her at ChIPS, it will be missing a little random fun weirdness, that other people will have to carry on. She is no ordinary gringo, her love for Pink things and chicken will be greatly remembered. Lauren has put in a lot of time at ChIPS, and it has shown in the different sub committees that she has been apart of. Although Lauren's weird and fun personality will be missed greatly, we wish her all the best in the future, in nursing and if she is as caring as she has been at ChIPS she will make a fantastic nurse. All the best LAUREN... we like you A LOT.

Lou P



LOUISE

.....
 • For me, ChIPS is synonymous with Louise Pellegrino.
 • There's hardly a memory of ChIPS I have that doesn't
 • involve her. Lou has spent many years on the reference
 • committee, even when she moved to Ballarat - trying
 • her hand at all the sub-committees and always giving
 • the program her all.
 • Lou is simply an amazing person. She was the first
 • winner of the Chris Balnaves Memorial trophy at the
 • 2004 camp - a testament to the sort of person Lou is.
 • Lou is always there for anyone who needs her, whether
 • they need a neck massage, a laugh, a cry or just some-
 • one to take silly photos with. Lou will leave a big
 • pair of shoes to fill in ChIPS, but her attitude and per-
 • sonality won't ever be forgotten or replaced.
 • I consider myself so lucky to have been able to call her
 • a friend and on behalf of the ChIPS program, I'd like
 • to say thank you and goodbye. We all wish you the best
 • of luck in everything you choose to do!!

Lauren

FAREWELLS

Farewell Chantelle

2001 was the year. In came Chantelle ready to come aboard ChIPS for her 8 week group bright and bubbly as she was.

The following year Chantelle decided to join reference group. Chantelle has done many things through reference but her number one achievement was magazine. We all know how hard mag can be but Chantelle has always done it with a smile.

Chantelle also had a hand in helping with advocacy. It takes a lot to get up in front of a crowd and talk about ChIPS but Chantelle has become a natural with all the talks she has done.

Chantelle has also helped plan Christmas parties and run her own 8 week group. She also helped run ChIPS revisited and also done a few newsletters in her time. She would always come in when needed and was very dedicated.

I would like to say thankyou for all her hard work over the last few years and I'm sad to see you go. You have accomplished many things through your time at ChIPS - you always put a smile on people's faces and are there to chat if someone needs a friend. Good luck in your future, you will be missed.

By Tamara H



Farewell Tamara

Tamara's ChIPS experience first began in the year 2001. I had the privilege of meeting Tamara in the beginning of her journey, as we were in the same eight week group. Together we shared our thoughts and had a laugh and although everyone in our group was disappointed when the eight weeks were over, Tamara proved that that wasn't the end of her ChIPS experience. Tamara partook in Leadership Training and then in the year 2003 she joined the Reference Committee. Since then Tamara has been a keen member of the Christmas Committee, organising the last three Christmas Parties. She has worked on the Wrapper, has run three eight week groups and has also helped with the facilitation of the new committee, Peer Support. Tamara has been a great contributor to the program over the past five years and her efforts will be missed. Thankyou for all that you have done for ChIPS Tamara, we wish you every success and happiness for the future.

By Chantelle Baker

THANK YOU

Generous Sponsorship by 'Network Appliance Australia Pty. Ltd.'



This year we have seen the ChIPS program grow and develop in many wonderful ways. This can be attributed to the dedication and hard work of Kristen (ChIPS Coordinator), the reference committee, and the ChIP In Auxiliary. In addition to this the ChIPS program has been extremely fortunate to have gained sponsorship from NetApp. The ChIP In Auxiliary works extremely hard all year to raise vital funds to help support various aspects of the ChIPS program, in particular the annual camp and other social activities. Although the ChIP In Auxiliary continues to be more successful each year and raise money for the ChIPS program, it was determined that we were in desperate need of corporate sponsorship. Di Fincher (ChIP In Secretary) and myself (ChIP In Vice-Chairperson) were lucky enough to have the opportunity to make a presentation to David Denham, the Southern Region Manager of NetApp. As a result of further discussions with David he generously offered to establish a partnership between NetApp and the ChIPS program and provide us with sponsorship. As well as providing us with vital monetary donations NetApp is 'chipping in' with a hands on approach in providing support and assistance to the young people in the ChIPS program. Courtney Irwin (Office Melbourne) has been truly amazing and worked very hard to provide a tremendous amount of support to ChIPS. Courtney organised a very successful Trivia Night during the year that she was also responsible for organising the four NetApp sponsored tables at this year's ChIP In Auxiliary Gala Ball. In addition to this Courtney has coordinated the development of a workshop program in which the NetApp employees will be working with the young people of ChIPS to assist them with valuable skills such as time management, resume writing, interview skills and much more. NetApp has also provided us with generous support and vital funds that will ensure the ChIPS Camp for 2008 will be a huge success. We are very appreciative of the sponsorship from NetApp and in particular the support, hard work, and dedication from David Denham and Courtney Irwin. On behalf of the ChIP In Auxiliary and the ChIPS program we say a very big thank you!!



Jessica O'Dowd
(Vice-Chairperson ChIP In Auxiliary)